

Supercharged Minds

BY
FRATER VIII^o



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Monograph No. 1

SUPER-CHARGED MINDS

(Monograph No. 1)

- by -

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"SUPER - CHARGED MINDS"

Is an Educational and Inspirational
Course of Study, especially writ-
ten and intended for BUDDING
INDIVIDUALS everywhere.

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S U P E R C H A R G E D M I N D S

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Frater VIII

"It was late afternoon. Bob, having bid Mr. Grayson and his father farewell earlier in the day, felt a strong inspiration to watch the sunset from the old familiar spot on top of the ridge. He reached the summit and was viewing the path of gold cast across the ocean by the low-setting sun, when from the distance there came to him the drone of powerful airplane motors. Louder and louder they sounded. From the South, a North-bound transport plane appeared, flying lower than he had ever before remembered. Bob's quick eye caught a glimpse of his father and Mr. Grayson as they passed. They waved to him. As the plane diminished in the distance, the sun dipped below the horizon. Then came the 'flare-up'. Watching the afterglow, Bob realized that by traveling Westward fast enough one might overtake the sunset and then there would never again be darkness. The thought fascinated him" (From final page of "Outwitting Tomorrow").

The plane was not crowded that evening. Mr. Grayson, after waving farewell to Bob, invited Workman to the ocean side of the craft, and they, too, watched the "flare-up".

Soon darkness shrouded the airplane in a velvety cloak of black. Workman became very quiet. The thought of being at so high an altitude, with nothing between the plane and the earth except thin air, caused him to experience an unpleasant sensation in the pit of his stomach. Then, the thought of leaving home, old friends, breaking old habits, and being constantly among strangers, gave him a bad case of the "blues". Once or twice he made up his mind that when the plane landed, he would get off and take the next train home. After an hour of silence Grayson felt Workman had sufficiently "indulged in the Blues". So, he broke the silence with:

"Pardon me, Mr. Workman, but I perceive you are 'deep in the doldrums'. You are thinking about the 'good old days' and wishing at this moment that I had never appeared in your life and affairs . . . and changed them.

"You wish to return home at the next stop. By all means, do it -- if you feel so inclined when we get there. However, don't you think you owe yourself a two week vacation, at least? Why not just call this a little vacation trip? Then, if you wish, take the next train or plane home. You have more than sufficient money with you for a return ticket, and, after all, we aren't going to leave the good old United States of America."

Workman was almost shocked by the way Grayson had described his state of mind.

"You read my mind," he exclaimed -- forgetting all about being ill in the region of the solar plexus.

"No," laughed Grayson. "I did not read your mind, but I did 'read' your facial expressions and they told me of the great conflict going on within you. Let me say, I know exactly how you feel from first-hand experience. It wasn't so many years ago that I, too, left my home -- a comfortable home, a cheerful fireside, and many congenial friends -- to become a globe-trotter, and . . . it definitely didn't appeal to me."

"But, surely," protested Workman, "you never had any fears and doubts about leaving home and taking up a new life. In the first place, you were a man of wealth. No doubt, you had been traveling most of your life. In the second place, you had more or less been 'born to' the Greater Life. You have never been afflicted with petty discomforts such as airsickness and homesickness."

"No, Mr. Workman," corrected Grayson. "I had traveled very little until the 'big change' came into my life. It was true I had sufficient means to go to the ends of the earth, if I so desired. But, I never went anywhere -- I was a victim of business. Without me, the business would have failed and thousands of employees -- good, faithful people -- would be thrown out of employment. One day I suddenly realized that my health had become seriously jeopardized. I was forced to leave home and business and go to a sunnier climate in an attempt to regain some of my former heartiness, if possible.

"I was constantly surrounded by people -- doctors, nurses, specialists, orderlies -- yet, I never felt so alone in all of my life. Finally, I was permitted to return home -- informed that I would be an invalid for the remainder of my days.

"There was little for me to return home to -- the business had been completely swept away during my absence. I didn't feel sorry for myself, but I did feel sorry for all those people who had worked so long and yet in all of the years had made no preparations for a 'rainy day'. I had sufficient in annuities to carry me through as long as I would live, which, from all indications, would not be long.

"For many years before my health failed, I had been interested in the mystical things of life. I had been groping for something 'higher', but, as to what that so-called 'higher' really was, I was most uncertain.

"I had attended lectures along mystical lines, which had been given in our city. I, also, made it a point to meet some of the teachers. Especially, those who were said to be 'Masters' and 'Mystics'. I discovered an interesting thing: Not one of those fellows seemed to be able to put the information he possessed into use in his own life. They all seemed to be subject to ill-health, pain, and old age, as much as the average person. Yet, they distinctly had given everyone to understand that they were very superior people -- physically, mentally, meta-physically. Most of them had not even mastered the few simple rules of success. None of them had the ability to 'demonstrate' over matter. I considered this very strange.

"I remember one 'mystic' in particular. This gentleman was from India. He had a very fine education -- been to Oxford, had traveled a great deal, and could talk glibly about well-known people situated in every quarter of the globe. He was 'brimful' of the 'lore of Mother India', and he told us many wonderful things he had witnessed there. He had often seen the fakirs walk over white-hot coals with bare feet. Their feet never burned -- were not so much as 'pink' from the intense heat -- and they had walked many yards over these coals.

"I had read about this accomplishment and had seen pictures of the fakirs doing it. I knew trustworthy people who had witnessed this fire-walking demonstration not only once, but a number of times, and so, I recognized it as a fact. However -- what amused me was that our 'mystic' from India, who said that such a demonstration only required a slight ability to 'demonstrate over matter', could not 'demonstrate' over our Chicago summer heat. He perspired so freely that he constantly mopped his brow and neck, with handkerchiefs. This interfered with the essential material of his lectures and, of course, rendered his teachings paradoxical.

"This, among many other 'weaknesses', demonstrated by the wise(?) caused me to become very skeptical and pretty much disgusted with all of the 'Masters', and everything of a 'mystical' nature. However, it occurred to me that, in my search into the 'mysteries', I had learned a number of things that were good, some of them were very good. So, I did not let the failure of the Masters(?) to demonstrate bother me too much. I just continued on with my search for knowledge, finding a shred here and another there.

"You remember the occult maxim: 'WHEN THE STUDENT IS READY, THE TEACHER APPEARS?' Well, I felt I had been a student long enough and was now ready for the TEACHER. I had been waiting for him for a long time. So long, in fact, that I doubted very seriously if there were such persons, or beings, as these

teachers who are supposed to appear when you are ready for them. I was not cognizant of the fact that I was being taught by unseen forces all along.

"I began to feel I already knew pretty much of all there was to know about 'the mysteries' and 'mystics'. So, one day I proceeded to dismiss the whole matter from my mind. At least, I did for part of a day.

"I was no longer bed-ridden. I had 'graduated' to a wheel chair which I could pilot about my room. One day the door bell rang. My nurse answered its summons. I couldn't hear the conversation, but I did catch: 'I don't think he'll see you; he's a pretty sick man. However, I'll ask him'. Instantly, something said within me: 'This is the Teacher'.

"The nurse handed me the visitor's card. 'Mr. Brown' was the name printed on it. After a moment's reflection, I recollected who he was. He had once been on the board of directors of a large corporation of which I was president. Mr. Brown, at that time, was well along in years. He was filled to the brim with 'old-men's notions' concerning business. We had to ask him to resign, which he did reluctantly. I had no idea the old fellow was still alive. Hence, the exalted feeling I had received from the inner message of 'this is the Teacher', swung downward to 'this is only old man Brown'. I told the nurse to show him in, but added, 'don't let him stay too long'.

"Brown entered. I was very much surprised. Evidently, he wasn't the Brown I had known. This man before me, although well along in years, was tall, keen, alert, erect, smiling, and possessed a head of snow-white hair. 'Old man' Brown was stooped, dim in sight and in mind, gloomy, almost bald, and with a pessimistic attitude toward life.

"As the interview progressed, I learned he was the same Brown I had known years before -- a new, youthified edition, however. I was quite amazed at the change in him. We had a long conversation. He did most of the talking. I just asked questions. Many of them he didn't answer. He said I wasn't ready for the answers yet.

"He finished with: 'What I have done, Mr. Grayson, you, too, can do even to a much greater extent than I have. You were never in the deplorable mental condition that afflicted me.'

"With these words, he proceeded to give me a short outline of some of the things I could do while still ensconced in my wheelchair. These things would, in time, assure me of complete recovery. They were, of course, all very simple. I remember

wishing they had been more 'occult' or 'mystical' for then they would have been more intriguing. But Brown informed me these things would work wonders if I went about them enthusiastically. So, I began in the condition I was in, right where I was, and followed his plan as best I could.

"Once a week or so, the rejuvenated edition of 'old-man Brown' would drop in to see how I was progressing. He would encourage me, compliment me, give me fuller details about what I was doing. Occasionally, he verbally chastized me for becoming discouraged or for 'lagging'.

"When I began to recover quite rapidly from my old, sickly, decrepit self, the doctors viewed the change with great alarm. I overheard one medico say to another: 'They always show the most amazing sign of recovery just before the "supreme Crisis". If he lives another week ...'

"I did live another week, and many more. All the time getting better and better, and soon dispensed with my wheel-chair; later, I discarded crutches, and then threw away my cane. At the end of one year, I felt better than I had at any time during the previous fifty.

"One day Mr. Brown dropped by and announced: 'I'm off to South America tomorrow -- business and vacation. You'll not be needing me any more. From now on, you'll know what to do.'

"This sudden departure was somewhat of a shock -- to say the least -- disappointing. I had hoped he would give me the story of his great change, but, when I requested him to do so, he simply replied: 'Perhaps, at a later date. You are not ready for it now.'

"He wrote me from various places in South America. But he never wrote anything very definite about himself -- he always seemed, however, to be having the time of his life. Several years later, he returned to the United States, younger than ever. He had been very definitely expanding into all Five Departments of Life. His further change was as remarkable as the one I first saw in him.

"You will have an opportunity to meet this rather remarkable Mr. Brown on this trip, Mr. Workman. However, don't say a word to anyone of what I have told you about him. It is not intended for the ears of the mass-minded."

* * * * *

The lights of San Francisco began to appear in the distance and in a short time the plane made a perfect "three-point landing". Soon, Grayson and Workman were at their hotel. After a wonderful night of rest, they breakfasted and were ready for the activities of the day. Mr. Grayson left Mr. Workman to view the sights of the city. They were to meet at the hotel at four o'clock that afternoon. When Workman returned, he found Grayson and a friend awaiting him.

"Mr. Workman," said Grayson, as he introduced the two men, "this is Frater Xavier, a high member of the White Fellowship." Turning to Frater Xavier, Grayson explained, "Mr. Workman is far on the Path of Budding Individuality -- even if he does forget it for short periods of time." There was a twinkle in Grayson's eye as he added this.

After a bit of getting-acquainted conversation, Mr. Grayson explained: "Frater Xavier is to accompany us on our trip East. While we are traveling, and at any other time, except when the three of us are alone, he will be 'Mr. Smith'."

Workman and "Mr. Smith" -- Frater Xavier -- became good friends. At Salt Lake City, where the three were to spend the next few days, these two men had considerable opportunity to get better acquainted.

"I want to show you a manuscript for Budding Individuals," explained Frater Xavier. "One we have recently published. Of course, it is for those Budding Individuals who have already attained considerable distance on the Path. At least, they know there are Five Departments of Life, and what each stands for in his, or her, life, and are also enthusiastic about EXPANSION."

"Here is the manuscript, Mr. Workman. I know you will be interested in it -- it contains all the necessary information, for your next great, all around EXPANSION."

The manuscript was as follows:

LIFE BEGINS IN BUDDING INDIVIDUALITY.

Part One

Of the Five Departments of Life we are, at first, concerned with the development and expansion of the Mental. Not because it is more important than the other Four, but because three very important faculties -- Reason, Will, Judgment -- are located in the Mental Department. Since it is by MENTAL EXPANSION that we are permitted to EXPAND all the Departments of Life, we, quite naturally, desire to develop the Mental Department first.

When Reason, Will and Judgment are developed a little beyond the other faculties of Mind -- beyond those of the Sub-Conscious -- we invariably make splendid, straight-forward progress -- not only in expanding our Mental Realm, but the other Four Departments of Life -- Spiritual, Social, Physical, Financial -- as well. By starting with the EXPANSION of Reason, Will and Judgment, we always have Intellect to guide us along new and unfamiliar paths that would be dark and dangerous without MENTAL LIGHT.

Not everything that could be said about the expansion of mind is given here. Only that information which will get the Budding Individual off to a good, quick start, in mental expansion, is revealed -- that is all that is necessary at this time. As the Budding Individual begins to progress, he will find that his Sub-Conscious Realm of Mind -- in which dwells Memory, Intuition, Affection, Emotion, Conscience, Belief, Imagination, Inspiration and GENIUS -- constantly will be assisting him with his various phases of self-improvement in the most unexpected and gratifying ways.

We are well within the circle of the glorious New Aquarian Age -- the Mind Age. Therefore, the Budding Individual, regardless of his age, education, health or environment, can start at once and make the most wonderful progress, not only in Mind but in ALL OTHER Departments of Life as well. He needs only to be sincere, active and enthusiastic.

It is often asked: "Just what is a Budding Individual?" The answer is simple. He is anyone (man or woman) who has left the mass-minded and is on his way to INDIVIDUALITY. Budding Individuality is the "cusp" or "bridge" between the mass-man and the INDIVIDUALIZED MAN.

It is the will of Destiny that every human being pass from the mass-minded state into, and through, Budding Individuality, and into full-blown INDIVIDUALITY.

The reason the world is in its present condition of chaos is due entirely to the fact that the human race is dragging behind in the progress Destiny has willed it to attain, in expanding into all FIVE Departments of Life.

This explains why so many fine mass-minded men and women are experiencing so much sorrow, pain and misery in their lives at the present time -- they are not moving out of mass-mindedness and into Budding Individuality.

When great masses of humanity are being afflicted in the same way at the same time -- in war, famine, pestilence -- it is because Destiny is forcing them forward into Budding Individuality. When one person is being compelled to move forward it is because he is a Budding Individual and he is not making the progress he reasonably could be making.

Once a Budding Individual understands this and will start INCREASING all Five Departments of Life, he will be amazed at how quickly his life begins to smooth out and take on a joy and happiness that he has never before known. In the case of most Budding Individuals, it is only one Department of Life that is being neglected. With others, it may be several. But, whether it is only one, or several, the unprogressing Budding Individual need not expect a respite from Destiny until he begins to EXPAND in a Five Fold Manner again.

One of the principal reasons that MIND is EXPANDED first is for the express purpose of DISCOVERING what we are lacking in -- discover what Departments of Life we are neglecting, and then proceed to develop them. It is only through KNOWING that we can do this. Only the MIND knows. Therefore, EXPAND and DEVELOP the CONSCIOUS Realm of MIND first. This will, as it were, give Light on the Path.

At the same time, MEDITATE each day on the other four Departments of Life, so as to determine as quickly as possible which one you are badly neglecting. In a short time, your Sub-Conscious Realm of Mind will know exactly what you desire, and it will bring to your attention things you should do in each of the other four Departments, as well as in the Mental, in order to make the greatest, quickest, and most gratifying progress.

REMEMBER: The Budding Individual, in order to progress, must INCREASE in a Five-Fold way CONSTANTLY.

LIFE IN THREE BREATHS

Part Two

You, the Budding Individual, may not think so, but YOU do possess a very splendid mind, regardless of your years or lack of academic training.

Your mind is a part of the Unseen World and, therefore, has no age. Even if you were as old as Methuselah, your brain would never be over 24 months old. Mentally, your physical age does not mean a thing.

Awaken the brain cells to activity, and then, even if you have reached the century mark physically, you are still, mentally, as "young as today".

Phosphorize the brain with egg yolks (page 40 of "Outwitting Tomorrow"). In a week's time, you will be ready to use the "THREE BREATHS" for really awakening the brain.

The exercise is as follows: Stand erect, place the right thumb against the right nostril, allowing the fingers of the hand to extend upward in line with the forehead. Now, through the left nostril fill the lungs with air. Then, with the index finger of the same hand close the left nostril also.

With the lungs filled and the lips partly open, so there will be no pressure in the mouth, bend over from the waist, getting the head lowered as far as possible. Then, allow a portion of the air in the lungs to come back gently into the nose, so as to create a very slight pressure into every part of the nasal cavity. This, together with the air in the lungs, has a very energizing effect upon the entire nervous system and especially upon the sensitive nerve centers of the brain.

When the desire to take a breath is strong, rise to the erect position. Keep the left nostril closed and allow the air to escape through the right nostril by removing the thumb. You shouldn't force it out with speed, nor should you retard it to any great extent. Just let it flow out freely and naturally until the lungs are emptied, without attempting to remove the last particle of the air through sheer force. (See illustration No. 1 on page 19.)

Now, with positively no intervening breaths (or, in other words, with the very next inhalation of air) repeat the process. Close the right nostril with the right thumb; inhale through the left nostril; close both nostrils; bend over until ready to exhale. Then stand erect; remove the thumb from the right nos-

trill and exhale. Do this three times. That is, fill the lungs with air three times hold the breath three times, and exhale three times.

At first, you may not hold your breath very long. One simple "breath cycle" may last only one-half minute. The "THREE BREATHS" would require a total of but one and a half minutes. But as you practice this exercise you will be capable of holding the breath longer, until finally you will be capable of sustaining it from one minute to a minute and a half, requiring from three to four and a half minutes for the total time of the "THREE BREATHS".

Never hold the breath until it causes you discomfort. If you do you will only dissipate whatever good the use of the exercise would normally bring you. If the "leaning over" causes any dizziness, you can perform the exercise standing erect, but tipping the head downward.

The "THREE BREATHS" is of tremendous importance. This Wonderful Exercise comes to us from half-way around the globe. The ancient, yet modern, Lamas who discovered it, use it to a much greater extent than we do in the Western World. This is due entirely to the fact that the brains in the Eastern and Oriental World are not nearly as sensitive as are those in the Occidental. For that reason, it takes a more vigorous application in order to gain the same glowing results. When they practice the exercise dozens upon dozens of times, they obtain the same benefit from it that you do when you practice it only a few times. That is the difference in the sensitiveness of brains, between the two distinctly different races of people. If they practiced it only three times, once a day, as you do, they would get no benefit from it at all. If you practiced it as many times as they do, your brain would be burned out, probably in less than a week's time.

The "THREE BREATHS" is not occult or mysterious, but it is powerful, for its action is both physiological and psychological. Correctly used over a period of even a short time it should bring about glowing results not only in every department of the mind, but throughout the body as well. Every faculty of the mind should start to awaken, to revive, and to become alert and active. New mental joys that you have never experienced before will be yours for the first time.

Here's another very interesting thing. Many people (both men and women) from about forty years of age and on are afflicted with poor eyesight. That is, their vision becomes dim. We have found that some of these who use the "THREE BREATHS" regularly, quite often experience a marvelous change for the better, in eyesight.

If you have poor vision, don't practice the "THREE BREATHS" with the idea that it is going to restore your eye-sight. You may receive no benefit at all. Improved vision may be one of the many benefits that could come to you. There are benefits far beyond perfect vision.

If, after practicing the "THREE BREATHS" in succession once each day for three weeks, there are still no beneficial results manifested, it is permissible to add one new breath, making it four a day. If good results are not then experienced, you may add one more breath each week until NINE breaths per day are taken.

Never go beyond that number. Do not go beyond the original THREE, if possible. Some folks find that TWO, or even ONE, is sufficient stimulation, even before the end of three weeks.

If the brain cells refuse to awaken after several weeks of doing "NINE BREATHS" per day, their "slumber" probably is not psychological, it could be physiological. In that case, reduce to the original "THREE BREATHS" and at the same time, place the problem in your Sub-Conscious Realm of Mind.

Proceed slowly. You are your own physician and meta-physician. However, do not try to accomplish that which you have been neglecting from a quarter to half century, in a few days' time.

IMPORTANT: The Budding Individual should keep constantly in mind that there are no two persons exactly alike. As EXPANSION and INDIVIDUALIZATION Progress, each person becomes more dissimilar, for we are developing and excelling in the talents Destiny has decreed for each one of us.

This is brought to your attention so that you may understand the reason several different methods of wakening the mind and brain to action are presented here. If all Budding Individuals were alike, the process for accomplishing great mental feats could be written in a few words.

The Budding Individual is herein given the best methods that can be obtained for SUPERCHARGING the MIND. You should have no difficulty selecting the correct methods for your INDIVIDUAL problem, and problems.

THE COMPLEX FORMER.

Part Three

You, as a Budding Individual, know considerable about negative complexes. There are persons who think that all complexes are negative. This is not correct. For every evil and negative complex there is a good or positive one. The big difference between evil complexes, and good ones, is: Evil complexes, like weeds, seem to grow without any attention at all, while good complexes, like every worthwhile plant, have to be cultivated. But the cultivation by the method we shall give you here is not at all unpleasant. Once you have planted positive complexes in the Sub-Conscious Realm of Mind, they will grow and expand without much attention from you.

Forming good and beneficial complexes, that will work for you day and night, is the most simple matter in the world -- if you know how! Everyone knows that practically all positive complexes are formed by auto-suggestion. Yet, not one person in ten thousand knows how to make auto-suggestions (affirmations) "take root".

Two decades ago, everyone was devoting most of his spare moments to "day by day, in every way, I am getting better and better". But only those few who knew the technique that is given here, ever received the slightest lasting benefit.

The missing element that is so necessary to make suggestion and affirmation take on life, and to increase and expand, is nothing more than a very simple little breathing practice, that you combine with your suggestions and affirmations. The technique is as follows;

Inhale the breath during a period of 9 seconds. Then hold the breath, with lungs well-filled, for 10 seconds. Then exhale during the next 11 seconds. (See diagram No. 2 on page 19). All this requires 30 seconds, or one-half minute. You can make two complete breath-cycles in one minute of time.

During the 9 seconds that you are filling the lungs, "see" the air that is coming into your lungs as a bright and radiant force. See it go down into the Solar Plexus (pit of the stomach) and radiate out from there like a SUN, to all parts of the body. The color can be bright pink, bright yellow, or bright gold. The ability to "see" the breath descend, causing the Solar Plexus to burst into a dazzling, bright center, or Sun, of energy, is of considerable aid to physical and psychical (mind) improvement. However, if you cannot "see" or imagine this, do not worry about it. Later on, when you are more in accord with

the "body brain", seeing will take place.

One thing more: As you begin your practice, first place the thumb of each hand on the Mastoids (the vertical ridges of bone back of each ear). Let the thumbs point straight backward. Now, slide them down slowly until they slip off the mastoid process (ridge of bone) back of each ear, and rest on the lower edge of the bone and also partly on the neck which, by the way, is just about on a level with the lower tip of the ear. The fingers of each hand can rest gently on your temples. (See the drawing No. 3 on page 19.)

Just a gentle, easy contact of the thumbs is all that is required. The thumbs and fingers are held in this position during the entire time you practice THE COMPLEX FORMER. Just forget about them. They will be performing their wonderful work of causing a correct flow of magnetism, even though you are not conscious of them.

Now you inhale the breath for 9 seconds. Then, during the next 10 seconds, you HOLD THE BREATH and make your suggestion or affirmation.

The only time a positive suggestion will take root and form into a good (or positive) complex is during the time you HOLD THE BREATH. This is known as the BRIGHT BREATH.

At the end of the 10 seconds you cease with the suggestion or affirmation, and exhale the breath for 11 seconds. This is known as the BLACK BREATH. During it, you visualize the breath flowing out of your mouth (not out of the nose or nostrils) as black as soot. Visualize all of the unpleasant things of your mind and body -- all weaknesses and infirmities -- as pouring out in this "Black Breath". Everything you want to get rid of, from ill-health to poverty, from unpleasant environment to unpleasant circumstances, you VISUALIZE as pouring out in this breath. Only "see" flowing out the things you do not want to retain in your life. Eventually, you will be able to visualize fear, anger, remorse, hatred, jealousy, etc., etc., pouring out in the "Black Breath". Then, you'll really be on the Path to INDIVIDUALITY.

INHALE THROUGH THE NOSE. It doesn't matter a great deal which nostril is open and flowing at the time but always EXHALE THROUGH THE MOUTH. As you exhale, pucker up the lips a little, as though you were blowing out a candle at a distance of three or four feet. This forces the "Black Breath" and its infernal content away from your body and entirely outside your aura -- which extends outward from the surface of all parts of your body for a distance of about 18 inches. The impurities that are

exhaled during the "Black Breath" are more of a psychic nature than they are physical.

This exercise -- "THE COMPLEX FORMER" -- never should be taken with the "THREE BREATHS", given in "Life Begins in Three Breaths". Take the "THREE BREATHS" in the morning. Then, several hours later, you can take "THE COMPLEX FORMER".

At the beginning, practice this exercise for only 5 minutes per day. Later, you can add a minute now and then, so that in a month (or even after a longer period of time) you will be practicing the exercise for 10 minutes, once a day. Never increase the breathing cycle. Keep it reasonably near 9 seconds to inhale, hold it approximately 10 seconds, and make suggestions, then exhale for 11 seconds, seeing the vile impurities flowing out.

Now, a word regarding suggestions and affirmations. Make them POSITIVE, make them just as SHORT as possible; and use ENTHUSIASM in giving them. They are always made mentally, because you can't hold the breath and speak at the same time. If you make your affirmations short, you can repeat one several times during the 10 seconds of holding the breath.

During the entire 5 to 10 minutes you practice "The Complex Former", you are to use but ONE suggestion or affirmation. Repeat it over and over again, mentally. Do not rush through the suggestion or affirmation, but think it slowly and positively and WITH ENTHUSIASM.

IMPORTANT: Never so much as use one negative word in any suggestion or affirmation. Here is a negative suggestion: "My ill-health is decreasing rapidly." A suggestion like this actually would build ILL-HEALTH into a perfectly healthy body. Even a slight change in the wording of this damnable suggestion it can be made a most powerful and positive one. Say "MY HEALTH IS RAPIDLY INCREASING!!!" There isn't a negative word or thought in this affirmation.

Affirmations can be used in all Five Departments of Life: "My health is rapidly increasing!" "My mind is becoming keen and alert!" "My circle of friends is rapidly expanding!" "I am constantly increasing spiritually!" "My enthusiasm is causing me to seek wealth, and wealth to seek me!"

THE LION AND THE LAMB BREATHS -- WHICH?

Part Four

The average person inhales through the left nostril part of the time, and the remainder of the time, through the right nostril. The interior construction of the nose is so arranged that one nasal passage remains open while the other is closed. This causes most of the breathing to be done through one nostril. In a well-balanced person, the change from one nostril to the other occurs about once each hour. Usually, both nostrils are open for a brief period -- from a few seconds to a half-minute. In some cases, both will be closed for several seconds. Then the nostril that previously had been closed will open, and all the breathing for the next hour will be done through it.

Very negative persons do most of their breathing through the left nostril. They use the right nostril very little. People who are tremendously positive, breathe through their right nostril most. People who are in ill-health, or who are nervous, breathe through the left passage of the nose almost constantly. People who have a great deal of energy, life, youth, and vitality, use the right nostril a little more than they use the left.

It is up to each person to judge for himself to what extent he will use the right or left nostril and under what circumstances and conditions they should be used. If a person is listening to a lecture or is engrossed in study, then the air should be received through the left passage. On the other hand, when a person must be positive and dominant, he should breathe through the right nostril.

Spiritually-minded and well-balanced people are those who breathe almost equally through both nostrils. Meek, pious or negative people, are those who are afflicted with too much left nostril breathing. On the other hand, people who are inclined to be of the gangster or dictator type, are cursed with an excess of right nostril inhalation.

Each person is different. For this reason, you will have to take a good inventory of yourself and decide just how much breathing through the right or left nostril you should permit yourself. If you are very "wishy-washy", the correct thing to do is to use the right nostril more -- until you have normalized yourself. If you are an extrovert (always in trouble with people because you can't control your temper), then it would be a good idea to get in the middle of the path by using the left nostril considerably. Always remember that the MIDDLE OF THE PATH is the basic characteristic of the Aquarian Age. In the Aquarian Dispensation, people will either train themselves (or

be forced to train themselves), to be moderate in all things. Therefore, to modify and normalize yourself at this time, is to be using very good judgment.

You may wonder how you can breathe only through the desired nostril at the desired time. It is very simple. Stop up the nostril you desire to close, with a small piece of cotton. Put it high enough in the nasal cavity so no one will see it. Saturate the cotton with a little oil or vaseline, if you like. Water is not very good.

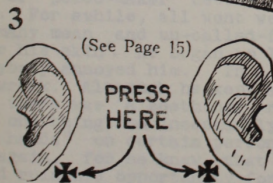
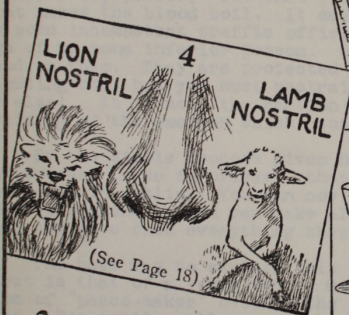
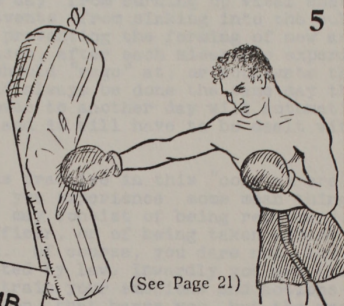
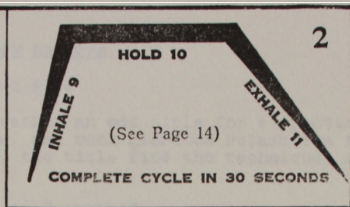
We have said that breathing through the right nostril will bring health, youth and power. But there are a number of persons who breathe through the right nostril almost constantly, and they are anything but healthy, youthful, and positive. The reason for this condition is, they are afflicting themselves with more positiveness than they can bear. They will find themselves in a much better state of health and in a more sublime state of mind, if they will use the left nostril more.

If you will be sure that the right nostril is open and is flowing freely when you eat, you will discover that your appetite always will be good and your digestion perfect. The right nostril, however, has a tendency to cause a person to over-eat, and to eat too rapidly. Breathing through the right nostril also has a tendency to increase the temperature of the body. If you are cold or chilly, use the right nostril.

Breathing through the left nostril puts one in a calm state of mind. For this reason, use the left nostril when going to sleep.

In drawing No. 4 on page 19, are the characteristics of the two nostrils. The LION represents the right or positive nostril; the LAMB represents the left or negative nostril. Persons who breathe through the right nostril almost constantly, have a fiery, belligerent, lionish nature. People who breathe through the left nostril a majority of the time, have a docile or lamb-like disposition.

Breathing through the right nostril has to do with matters dealing with the conscious mind, while breathing through the left nostril has for its affinity the sub-conscious realm of mind. When one studies or is in the act of memorizing, the left nostril should be brought into use, because the faculty of memory is located in the sub-conscious mind. Neither of the nostrils should be closed by artificial means all night while you are sleeping.



THE FATE BREAKER.

Part Five

"THE FATE BREAKER" is rather an odd title for a practice that brings about mental poise and much glorious relaxation to both brain and body. However, the title fits the technique, as you will see.

By the use of this "raging" method, one can prevent the mean and fateful events of the day from burning up vital energy. It also prevents these events from sinking into the subconscious realm of mind, thus preventing the forming of new and evil complexes. For this reason, after each miserable experience of any importance, one should "rage" at, or sublimate the event. If possible, this should always be done the same day the event occurs. Allowed to go over to another day will automatically form it into a complex, and it will have to be dealt with at a later date.

This system is a marvelous practice in this "complex era". Hardly a day passes, but what you experience some mean thing, that makes the blood boil. It may consist of being reprimanded by some incompetent traffic officer, or of being taken advantage of by some inferior person. Of course, you dare not lay a hand on them. They are protected by law. Inwardly you are then fighting mad, but you must restrain your emotions and actions--or else! It is not the emotion that harms you, but the retraining of the emotion which causes great harm.

By the simple process given here, you recreate the event, and proceed to do in private that which you would have preferred to do in public. You can now "resent" every insult to your heart's content. You can take all disagreeable people, one by one, and give them everything they deserve.

The best way to explain this is by "case histories". The first is that of a young man -- George. George held the position of "peace-maker" between the public and a utility corporation. For awhile, all went well. The time came, however, when the many mean and un-called-for assertions of the public "got under his skin". He began to lose weight. He didn't sleep well. Everybody annoyed him. In a year, he was a "first-class" mental wreck. Although he kept a pleasant outward appearance, always there was a seething, raging inferno within. There was just one thing he incessantly desired to do, and that was to "lay hands" on certain persons. He banished the thought time and again, for he knew that even one little display of anger would ruin his opportunity for a higher position which the corporation that was employing him was preparing him in this way

to fill.

George was a Budding Individual, and one day he suddenly discovered what to do about the matter. He converted a small room on the second floor of his home into a "gymnasium". After lining an old canvas bag with several pieces of discarded bed-clothing, he filled it with sand and suspended it from the ceiling at a fair height. He purchased a pair of boxing gloves. Putting them on, he visualized the worst offender of the day, and "tore into him" through the medium of the punching bag. In five minutes time he had completely eliminated his hatred and disgust for that person. Every evening a new "victim" was chosen and was chastised severely. (See drawing No. 5 on page 19.). George was a different person within a week. Nothing bothered him. The people who had been "demons" before, were fine people now.

Of course, it is not necessary to set up a gymnasium. A young housewife -- who had only recently become a Budding Individual -- was going through "deep waters" with her children, her husband, and especially his parents. She came across this information. One day, while she was beating a carpet, out on the clothesline, a number of very hateful thoughts about her mother-in-law raced through her mind. With great emotion and considerable vigor, she gave the carpet all she would have liked to give her mother-in-law. Later, she "sublimated" her husband, her children, and a number of the neighbors in the same way. By taking a rug every few days and beating out her hate complexes on them, she soon became a new person -- a most delightful Budding Individual.

"THE FATE BREAKER" simply opens the safety valve and lets excess emotion "pop off". Eliminating this emotion through physical energy relieves the brain and the organs of the body of the emotion that must express itself if we are to keep our mental and physical health. They are enlarged and stimulated, and often, the whole person is transformed from a semi-invalid into an athlete in a few months' time.

There is just one warning: Don't try to "rage off" all of your angers, hatreds, and disgusts, at one time. Fifteen minutes of "licking the boss" by means of a punching bag is quite sufficient. You need not feel odd about using this method. It is not half as ridiculous as is retaining mean, negative emotions within your mind and body, to have them grow eventually into vicious complexes.

MEMORY MAGIC

Part Six

One of the most important faculties of the Sub-Conscious Realm of Mind, is Memory. The Budding Individual cannot possess a Super-Charged, easy-flowing mind unless memory is also free-flowing. A mammoth volume could be written about the acquisition of a good memory. However, all the highlights can be revealed in a few paragraphs. Enthusiasm, zeal, and fervor for what you want to remember are required in the development of concentration and memory. If one is not enthusiastic about a subject or an undertaking, why bother to remember things about it?

Once you begin to build up a memory, the work becomes very fascinating. A dear old lady in her nineties, had possessed a poor memory all her life. One day, the thought occurred to her that if she arranged a few pots, pans, and cans in an orderly manner in her own mind, she could put mental thoughts in them, and retain them as long as she wished. She arranged nine different objects from the kitchen and living room in her mind. These were a pan, can, skillet, hat, box, bucket, shoe, dipper, and cage. (See drawing No. 6 on page 19.) As she planned to shop that afternoon, she thought of the different things that she wanted to purchase. Forming a picture of the article, she mentally placed it in one of her mental containers. By the time she was ready to go down town to shop, each of the nine "utensils" contained a mental picture of an article she wished to buy. This was the first time in her life she purchased everything she had decided to get, without forgetting anything, except on occasions when she had written out a list.

After a while, she added another set of nine objects, then still another. Finally, she had ten sets of separate and distinct "memory containers", each of nine objects, which made a total of ninety "containers".

The Budding Individual should develop a memory for persons and their names. You see, your memory makes the mass-minded person feel that you are more than just an average person, or you could not have remembered his name. He is right about this. Only those who are more than average ever take the trouble to remember other person's names. In this way, you soon may have a splendid influence on him.

Remembering names is, at first, a matter of association. Like the old lady with her pots and pans, ASSOCIATION must be employed diligently in this matter of remembering names. The name is "objectified" and then associated with the person.

Such a simple name as Stone -- Mr. Stone -- can easily be associated with any kind of stone (granite, limestone, or sandstone, etc.), that his character suggests to you.

No matter what a person's name happens to be, you can always associate it with something that "looks" similar to it, to you. "Seeing" the likeness of the name (such as associating a certain kind of rock with "Mr. Stone") is the most satisfactory way of remembering names while you are training your memory in your Budding Individual stage.

After a little practice, all you will require is just some slight "likeness" of the person's name to be able instantly to recall his, or her, full name, upon meeting him again. This is very important. Always have the likeness of the name as closely associated with the person's face and features as possible. In this way, your eyes, which will follow your mind's eyes (imagination) will only have to move a few inches to "see" the "likeness" of the name, and the person will never know that you have a "tag" on him by which you remember his name. You see, it is really very simple.

Re-Remembering Millions Of Things You Forgot You Ever Knew.

Everything you have ever seen, heard, or experienced, is stored away in your sub-conscious treasury -- your memory. And there is only one way to release this vast wealth of hidden and unused information. That way is through extemporaneous speech-making of a new type: a clever, yet very simple method. This system is as follows: Memorize the following SIX words in the order they appear on this page --

WHO WHAT WHEN WHERE WHY HOW

In the next set, there are THREE words --

SIZE SHAPE COLOR

In the final group, there are but THREE --

PAST PRESENT FUTURE

In these three groups -- a total of 12 KEY WORDS -- you have a READY-MADE OUTLINE ("RMO") for immediately starting you off on a successful extemporaneous speech any time, any place, anywhere, on any subject.

For some reason or another, the master of ceremonies at a banquet calls upon you to make a short talk on, let us say, bananas. Without the "RMO", you couldn't talk about bananas for

more than two minutes. But with the "RMO", you can talk INTERESTINGLY for at least a half-hour, even if your education has been devoted almost entirely to other subjects.

Knowing so little about the subject assigned to you, how could you make an interesting speech about it? It is very simple with the aid of the "RMO". You would start out immediately with your key-word W-H-O. WHO grows bananas? WHO picks them? WHO packs them? WHO ships them? WHO sells them? WHO buys them?

Your next key-word is W-H-A-T. WHAT are they used for? (For food for human beings and animals. For making certain chemicals. Used in place of skid grease in launching ships).

Nest is W-H-E-N. WHEN are bananas shipped? WHEN are they ripe enough to eat? Then, W-H-E-R-E. WHERE do most bananas come from? WHERE are they being shipped to?

The next key-word is W-H-Y. WHY are bananas good for food? WHY can certain native tribes live all their lives on a banana diet? Then, H-O-W. HOW are bananas grown? HOW are they picked? HOW are they packed for shipment? HOW are they transported? HOW are they distributed? HOW are they sold?

Now for your second set of words -- SIZE, SHAPE and COLOR. Under the heading of S-I-Z-E, you give not only the size of a single banana, but the approximate size of the bunch, and you can guess at the size of the tree. S-H-A-P-E: All bananas seem to be about like pickles in shape. C-O-L-O-R: They are yellow or red when ripe, according to the variety.

Now, for the last three words -- PAST, PRESENT and FUTURE: This always makes a nice summing-up for almost anything. You tell of the P-A-S-T of the banana. How it was first used for food, then how it was commercialized. Then give all you know about the P-R-E-S-E-N-T banana culture and business. Under the F-U-T-U-R-E point, you can draw upon your imagination for bigger and better bananas, because science is doing many things to improve them in size, flavor, and food value, while chefs are constantly finding new ways to use them in delicacies.

With the 12 KEY WORDS -- "RMO" -- memorized in three separate and distinct groups, you will be able to tackle any subject and give a most interesting half-hour talk.

For on any subject that may be given you, while there will be dozens of points on which you will have no stored-away information, just ignore the "blanks" and make your talk on all the points on which you do have information.

IN THE TOMORROW TODAY

Finale.

Mr. Grayson and Frater Xavier completed their transactions in Salt Lake City. So, they and Mr. Workman boarded the Transcontinental plane for the East.

Aboard, Frater Xavier and Mr. Workman sat together. After some conversation about what they had accomplished in Salt Lake City, Frater Xavier asked: "What did you think of the instructions given in the manuscript for Budding Individuals, Mr. Workman?"

"I liked the information so well," replied Workman, enthusiastically, "that I have already started putting most of it into practice in my Mental Department of Life.

"The ideas presented in 'Life Begins in Three Breaths' intrigued me very much. I tried the method at once, and had no difficulty performing the 'Three Breaths' the very first time I attempted the exercise.

"The 'Complex Former' was really a revelation to me. Now, I realize why the several years I devoted to auto-suggestion were so barren of results for, despite all my effort, I had not been making the slightest impression on my Sub-Conscious.

"I know 'The Lion and the Lamb Breath' exercise to be exceedingly potent. Mr. Grayson gave me this information a number of months ago, and I have gotten most glowing results from it. I checked my nostril breathing when I first started on the practice and discovered that I was breathing through the 'Lamb' nostril about two-thirds of the time. Today, the 'Lion' and the 'Lamb' breaths are almost equal, resulting in the most gratifying changes in mind and body.

"The 'Fate Breaker' impresses me as being exceedingly fine. Now, for a punching bag and a pair of boxing gloves," said Mr. Workman, with a chuckle.

"The last section -- 'Memory Magic' -- certainly works. It is why the contents of the manuscript are so clear to me. For I visualized each of the six sections and placed one each in the first six 'containers'. I also memorized the 12 Key Words in this last section. Between the magic words and the 'pots and pans', I am able to give a clear outline of my reactions to all parts of the manuscript. So, you see just how the manuscript has already helped me. Of course, I have just reviewed the highlights. If the occasion demanded, I could easily give a discus-

sion lasting several hours concerning the matter."

"I am very pleased," complimented Frater Xavier, "with the way you have grasped the contents of the manuscript. It makes me happy when I discover a Budding Individual who not only comprehends, but immediately puts that which he comprehends into practice."

The two men continued to discuss the manuscript further. Finally, Frater Xavier excused himself, and joined Mr. Grayson to talk over certain matters with him. Later, Mr. Grayson came back to where Workman was sitting, and complimented him on his splendid work of putting the information gleaned from the manuscript into use in his life, at once. "This is due," he said, "to the fact that you have been on the Path of Budding Individuality longer than you realize."

Their conversation turned to Frater Xavier. This was the first time Workman had had the opportunity to inquire about him. "Frater Xavier," remarked Workman, "doesn't seem to be our age, but, even so, he certainly is wonderfully informed on the important matters concerning all Budding Individuals and INDIVIDUALS. I am rather amazed at his ability."

"Yes," agreed Grayson. "He is not only posted on all these matters so important to all on the Path -- whether Budding Individuals or INDIVIDUALS -- but he has put all of the information he possesses into practice in his own life."

"I agree with you, Mr. Workman," continued Grayson, smiling broadly. "Frater Xavier doesn't seem as old as we. Yet, he is much older. Frater Xavier is really 'Old Man Brown', whom I removed from my Board of Directors, once upon a time, for old age and general incompetency. Later, when he became 'Young Man Brown', through the use of certain methods -- methods of which you are now becoming acquainted -- he came to me in my hour of need, and I, too, became a changed and greatly rejuvenated person, by applying this simple, yet tremendously potent information."

This revelation so overwhelmed Workman that he was speechless. The two men sat quietly. Grayson, in deep meditation. Workman, wondering if wonders would never cease. After a while, he began to thrill with the thought that he, too, was well on the Path to INDIVIDUALITY.

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